

Tech Briefs

Bottle Helps Riders Attain Optimal Hydration

YONKERS, NY—HydraCoach is a personal trainer for individuals who want to gain the health benefits of consuming more water. Its Personal Hydration Calculator calculates a user's daily Personal Hydration Goal, displays average consumption per hour, monitors the amount a user drinks daily, displays the percentage of fluid consumed relative to the user's goal and reinforces proper pacing to help a user meet their goal and motivate them to achieve optimal hydration. The soft silicone mouthpiece works like a straw. The durable, polycarbonate bottle also is easy to clean. HydraCoach has been featured in the *L.A. Times*, and *Wired*, *Women's Health* and *Popular Science* magazines. It retails for \$29.99.



Recumbent Bike Combines Cycling, Sailing

AMSTERDAM, Netherlands—Whike is a new company that has introduced the

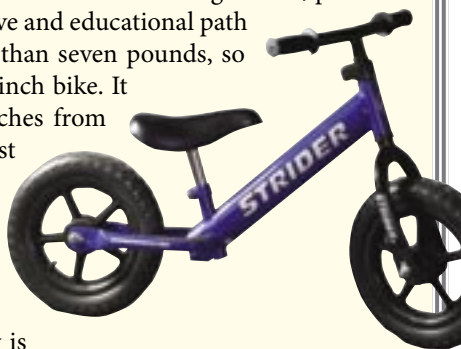
Whike 1.0, a tricycle recumbent bike with a sail. Fred-Jan Twigt, who has been designing recumbent bikes for more than 10 years, invented the Whike. He's also an avid sailor, so he thought it would be ideal to combine biking and sailing. The Whike 1.0 takes advantage of the wind to propel itself, but it can also be pedaled if there's no wind. With the Whike 1.0 users don't need fuel or batteries to travel larger distances at relatively high speeds, just endurance and a bit of wind. The Whike 1.0 can reach speeds of up to 31 mph without pedaling, according to the company. The bike is spec'd with Shimano and has rear disc brakes. It



retails for more than \$5,500 (USD) but currently is sold only in Holland.

Strider Teaches Kids Fundamentals of Riding

RAPID CITY, SD—The Strider running bike is a unique first bike for 1 to 5-year-old kids. Rather than a trike or 12-inch bike with training wheels, parents can start kids out on a more progressive and educational path toward bicycling. The Strider weighs less than seven pounds, so it's significantly lighter than a trike or 12-inch bike. It has a saddle that adjusts as low as 11 inches from the ground to accommodate the smallest of riders. "From the very first moment, it teaches the skill of balancing on two wheels," said Ryan McFarland, owner of Strider Sports. "This is the fundamental skill of bicycling, not pedaling. Pedaling is simply the means of propulsion. Riding is the skill of balancing, leaning and steering on two wheels. A trike or training wheeled bike only delays the learning of this fundamental skill." The Strider has a footrest built into the frame, giving children a place to rest their feet when gliding or riding down hills. "Parents can now start kids out on a much more progressive and educational path toward bicycling," McFarland added. It retails for \$98.



Oregon Scientific Offers Waterproof Camera

TUALATIN, OR—The ATC5K is a self-contained, hands-free digital video camera that delivers full-color digital video in 640 x 480 VGA at 30 frames per second with a field of view of 53 degrees—even underwater. It's waterproof to 10 feet. PC and MAC compatible, the ATC5K works seamlessly with most video editing software. Expandable up to 4GB with an SD card, it mounts easily onto handlebars or helmets and all mounting hardware is included. The ATC5K also comes with a 1.5-inch LCD screen for instant playback. It becomes available this month and retails for \$199.